

Red Hook Continuing Education

Fall 2011

Driving Classes

Defensive Driving

Six-hour course for point reduction and/or insurance discount. Please bring your license to class. NYS regulations require full attendance for credit. You must arrive on time and attend both three hour classes. Instructor: Michael Sheehan, National Traffic Safety Institute. Please indicate dates and session on registration form.

Session I: Mon. & Wed., 9/12 & 9/14 6:00-9:00 HS 141 Fee: \$45

Session II: 2 Mon., 11/7 & 11/14 6:00-9:00 HS 141 Fee: \$45

NYS Department of Motor Vehicles 5 Hour Prelicensing Course

A mandated course for permit holders. Students completing this class will receive Certificate MV-278 which is a requirement for the road test. Course topics discussed include current laws and rules, defensive driving, safety topics, and use of drug and alcohol while driving. You must have a permit to take this class. Students may bring a snack. Instructor: Ronald Ridolfi is a certified and licensed driving instructor with many year of teaching experience.

Session I: Wed., 9/21 4:00-9:30 HS 141 Fee: \$35

Session II: Mon. 10/17 4:00-9:30 HS 141 Fee: \$35

Session III Wed., 11/16 4:00-9:30 HS 141 Fee: \$35

Creative & Performing Arts

Introduction to Digital Photography

This course is designed to introduce some basic photographic techniques and give students a better understanding of how to use their digital cameras. Topics covered include photography fundamentals, digital camera functionality, and tips and techniques in the art of photographic composition. It is recommended you bring your digital camera (and accessories if you have any) to class. Bring some of your best and worst photographs for us to critique during class.

Instructor: Joel Weisbrod, professional photographer, gallery owner, and scuba diver who has photographed underwater extensively and published a book about under water photography techniques.

6 Tues., 9/13, 9/27, 10/4, 10/18, 10/25, 11/1 (note dates carefully as this class does not meet weekly) 6:00-8:00 HS 142 Fee: \$95



Beyond the Basics with Digital Photography

This class covers the basics of editing and organizing your Digital Photographs. It is for beginners, amateurs, and advanced amateur photographers who want to learn techniques for organizing, storing, and editing their "growing" collection of digital images. The class will answer many of the most common questions people ask about digital images including "Where should I keep all these images?", "How can I find an image when I need it?", "What happens if my hard drive dies?", "How can I fix red-eye?", "How can I make these pictures look better?", "What software should I use?", and many more. The class will demonstrate some basic editing techniques using Adobe Photoshop, Adobe Lightroom, and ACDSee Photo Manager.

Requirements: Digital Camera and Computer (at home). Bringing a laptop to class is NOT required but will make the class more meaningful as you will be able to work along with the instructor on your own photos during the class.

Instructor: Joel Weisbrod, professional photographer, gallery owner, and scuba diver who has photographed underwater extensively and published a book about under water photography techniques.

6 Thurs., 9/15, 10/6, 10/20, 10/27, 11/3, 11/10 (note dates carefully as this class does not meet weekly) 6:00-8:00 HS 142 Fee: \$95

Oil and Acrylic Painting (*All new projects*)

Students will be guided step-by-step to create a beautiful painting while learning about painting with oils or acrylics. Brushes and paints will be provided. Please purchase a canvas (see project for size) and bring paper towels to class.

Instructor: Sandy Foster is an artist with extensive experience as an art instructor. Fee for each project is \$65, or \$60 if you register for two or more at a time. Each project takes two evenings to complete, meets from 6:00-9:30, HS Art Room

PROJECTS: (please specify project(s) when registering).

Hydrangeas in the Window, oil 18 x 24 canvas, Mon. & Tues., 9/12 & 13

Walk to the Beach, acrylic 16 x 20 canvas, Mon. & Tues., 9/26 & 27

Wooden Bowl, oil 18 x 24 canvas, Mon. & Tues., 10/3 & 4

Garden Bench, acrylic 16 x 20 canvas, Tues. & Wed., 10/11 & 12

Lighthouse, oil 12 x 24 canvas Wed. & Thurs., Nov 9-10

NY Lighthouse, acrylic 16 x 20 canvas, Mon. & Tues., 11/ 21 & 22

Apples & Grapes, oil 16 x 20 canvas, Mon. & Tues., 12/5 & 6

Blue Cottage, acrylic 16 x 20 canvas, Wed. & Thurs., 12/7 & 8

Introduction to Simply Music Piano Lessons

No experience or instrument necessary! Simply Music is a revolutionary, Australian-developed piano learning method that is a breakthrough in music education. This remarkable approach has students of all ages playing great-sounding contemporary, classical, gospel, blues, and accompaniment pieces -- immediately -- from their very first lessons. You will also do several improvisations. *Led by New York's only Accredited Simply Music Teacher, Mark S. Meritt, a musician/songwriter with NYC/national credits.* He offers many unique music, arts and creativity services through potluckcreativearts.com and original songs for kids and families through theoffhandband.com. Due to the proprietary nature of this instructional method, the instructor will ask you to sign a confidentiality agreement on the first night of class.

6 Mon., 9/12-10/24 (no class 10/10) 7:45 - 8:45 MRS 3-5 Music Room Fee: \$70 (Materials fee: \$15 paid to instructor at first class)



Health, Wellness & Fitness

Meditation (New)

One hour of peaceful relaxation. Students will begin with a brief warm-up, move into a guided meditation, and end with the vibrations of a soothing gong. *Instructor: Nori Connell, D.C., R.N., is well known as a talented chiropractor, healer, and yoga instructor.* Class will meet at The Sacred Space of Red Hook Yoga Sanctuary. The Chocolate Factory, (2nd floor), 54 Elizabeth St.

4 Mon., 9/12-10/3. 6:30- 7:30 Fee: \$55

Mom and Baby Yoga (New)

This gently flowing yoga class is designed to help new moms reconnect with their bodies using a combination of well-paced movements and breath work. Leave feeling energized, relaxed and renewed. Children are welcome. Please bring a yoga mat, a blanket for your baby, and anything that will help occupy your child during the class. We do our best to involve the babies in our practice, and to create an environment where we can "go with the flow".
Instructor: Catherine Barney, RYT.

Class will be held at Waddle and Swaddle, 41 E. Market St, Rhinebeck
6 Thurs., 9/15-10/20 10:30-11:15 am Fee: \$65



Basketball, Men

Recreational leagues. Space is limited, check for availability.

Under 40 Instructor: Brian Hutchins HS gym

Over 40 Instructor: James McNulty LAMS gym

Both classes meet Mon., 8:00-10:00

Begins 9/12, (no class: 10/10, 11/21, 12/26, 1/1, 1/16)

Note, 11/28 under 40 meets in LAMS gym,

NO Class for over 40 group on this date

Other cancelations may occur due to student related activities.

Fee: Session I: \$45

Fee: Session II: \$45

Play all year and save! Both sessions: \$80 paid in September

Pilates

Highly effective for increasing flexibility and muscle tone, lengthening and strengthening your body without bulking-up or stressing your joints. For all fitness levels. Wear comfortable athletic clothing and bring a mat & towel to each class.

Instructor: Sara Nelson, certified Stott Pilates Matwork instructor.

Session I: 8 Tues., 9/20-11/15 (no class 11/8) 7:00-8:00 MRS K-2 Café Fee: \$85

Session II: 8 Tues., 1/17 - 3/13 (no class 1/31) 7:00-8:00 K-2 Café Fee: \$85

SIGN UP FOR BOTH SESSIONS AND SAVE! Fee for both: \$160

Outdoor Fitness Bootcamp (New)

You've heard the buzz around town, now come join instructors Liz and Meg of Fitness Fusion of the Hudson Valley, in this high intensity boot camp inspired class! Find muscles you never knew you had by combining interval cardio, plyometrics, resistance training and functional movements for a non-stop, kick-butt workout. When done properly, it's the most effective fat-burning workout there is. All levels welcome! You will leave this class feeling accomplished, strong, energized and anticipating the next session! We'll provide the equipment; just bring water, a yoga mat, and dedication!

For more information go to, : www.fitnessfusionhv.com

Instructors: Co-Taught by Liz Cort and Megan Boyd who are co-owners of Fitness Fusion of the Hudson Valley. A fitness program which promotes healthy living through nutrition, functional training, and cutting edge bootcamps!

6 Thurs., 9/8-10/20 (no class 9/29) 6:00-7:00 This class is held outdoors but will meet in 3-5 gym in case of rain. Meet instructors at the outdoor Mill Road Elementary School basketball courts. Fee: \$60

Tai Chi & Qigong for Beginners

Qigong (chee-gung) meaning energy development and Tai Chi meaning the supreme ultimate are two of the most widely practiced approaches to mind/body exercises in the world. Involving relaxation, movement and breath awareness, the flow of vital energy is increased in the body reducing tension and blood pressure while improving circulation, balance and the body's self-healing powers. These slow, gentle movements can be practiced by virtually anyone regardless of age. Dress for mild exercise.
Instructor: David Haines.

6 Tues., 9/13-10/18 6:00-7:00 MRs 3-5 Café Fee: \$65

Basketball for Women

This recreational league runs throughout the year. New students are always welcome!

Instructor: Andrea Clark.

Session I: Wed., begins 9/14 7:30- 9:30 LAMS gym Fee:\$45

Session II: Wed., begins 2/8 7:30-9:30 LAMS gym Fee: \$45

Play all year and save! Both Sessions: \$80 paid in September (no class 11/23, 12/28, 1/5)

Pickleball (Coed)

This Class is great fun! Pickleball, a combination of tennis, badminton and ping-pong is played by two or four people and is ideal for small spaces. Class is ongoing, new students welcome.

Instructor: Andrea Clark.

Session I: Tues., begins 9/13 7:30- 9:30 LAMS gym Fee: \$45

Session II: Tues., begins 2/7 7:30-9:30 LAMS gym Fee: \$45

Play all year and save! Both sessions: \$80 paid in September (no class, 11/8, 12/27, 4/2)

ZUMBA

ZUMBA is a fusion of Latin and International music-dance themes creating a dynamic, exciting and effective fitness workout! It utilizes the principles of fitness interval and resistance training to maximize caloric output, fat burning, and total body toning. You do not have to know how to dance to do Zumba. All you need to know is that it is fun, different, easy and very effective if done consistently. Zumba creates a party-like atmosphere that is not intimidating even for the uncoordinated. One can just go with the flow and enjoy the party - hence at Zumba, we say, Ditch the workout, Join the Party! *Instructor: Mary Beth Perfas.*

8 Wed., 9/21-11/9 7:30-8:30 LAMS Café Fee: \$85

Food For Healthy Living

Root Vegetables (New)

In this class, students will learn how to cook various types of root vegetables, such as taproots which include celeric, beets and carrots, bulbs which include onions and garlic, rhizomes which include ginger, and tubers which include potatoes and yams. The edible part of each of these plants grows underground, where it becomes the "storage bin" for the plant's nutrients. They have no fat, are low in calories and full of anti-oxidants. They can also survive cold storage making them a good choice for gardeners. Not to mention that they are delicious! Students are asked to come hungry!

6 Thurs., 10/6-11/17 6:00-8:00 HS 167 Fee: \$75 (\$4 material fee paid weekly to instructor).

Introduction to Food Preservation

Are you concerned about the ingredients in the food you eat? Do you have a CSA share or vegetable garden and don't know what to do with all those veggies? This course will teach you how to preserve vegetables and fruits by canning, freezing, and drying, and will introduce you to the necessary equipment. Recipes will include salsa, jam, and butternut squash pancakes. Everyone will have a chance to try new techniques, sample what is cooked, and go home with delicious recipes. Students do not need advanced cooking skills to take this course. Instructor: Jay Levine has been raising vegetables for 40 years and runs the Hudson Valley Backyard Farm Company which installs and maintains organic vegetable gardens.

3 Wed., 10/5 - 10/26 (no class 10/12) 6:30-8:30 HS 167 Fee: \$65 (\$15 materials fee paid to instructor at first class)

Introduction to Asian Cuisine (New)

So it is Friday night and you've got a hankering for Hot & Sour soup or Pad Thai but its snowing or there's just no Thai restaurant nearby. If you take this course you'll be able to make your own authentic Asian dishes. It will introduce you to the ingredients and techniques need to make classic Asian dishes as well as Indian and Vietnamese dishes. Students do not need advanced cooking skills. Instructor: Jay Levine has been raising vegetables for 40 years and runs the Hudson Valley Backyard Farm Company which installs and maintains organic vegetable gardens.

4 Tues., 10/4-10/25 6:30-8:30 HS 167 Fee: \$70 (\$20 material fee paid to instructor at first class)

Dance

Latin Variations & Technique with Linda Rowland (New)

Learn some fun dance variations to add to your current dancing repertoire! This class is designed for students who currently have a foundation in dance and would enjoy some new creative variations in, Cha Cha, Rumba & East Coast Swing.

Technique in Leading, Following & Latin Movement will also be covered. Instructor: Linda Rowland is a DVIDA Certified Instructor in Associate Level for Smooth and Rhythm dances. She continues to study with U.S. & World Champions and is known for her patience, clarity, and her passion for making ballroom dancing accessible to everyone.

8 Tues., 9/27- 11/22 (no class 11/8) 7:10-8:10 MRS K-2 Gym Fee: \$90

American Tango Level I with Linda Rowland

Learn the exciting and dramatic dance know as the Tango! Join this class and enjoy concentrating on the single dance know as the Tango. Characterized by a close hold & a low center of gravity this dance creates an unmistakable staccato feeling as you dance counterclockwise around the room. Upon completing this 8 week class you will have an amalgamation of figures that will prepare you to dance the Tango on the social dance floor!

This is a beginner level class. Instructor: Linda Rowland is a DVIDA Certified Instructor in Associate Level for Smooth and Rhythm dances. She continues to study with U.S. & World Champions and is known for her patience, clarity, and her passion for making ballroom dancing accessible to everyone.

8 Tues., 9/27- 11/22 (no class 11/8) 8:15-9:15 MRS K-2 Gym Fee: \$90

Argentine Tango Beginner I

Argentine Tango is a partnered social dance from Buenos Aires, Argentina. It is different from ballroom tango (or American Tango) in its posture, movements and intention. In Argentine Tango there is no standard way of dancing -- the dance is constantly improvised on the floor with your partner, as though each moment is your last. Tango offers a chance for physical exercise, the social aspect of belonging to a community, and the emotional, spiritual, and intellectual experience of moving with someone to music. This class introduces the basics of the dance, connecting with your partner, and fundamental movements for lead and follow. No partner or previous dance experience necessary. Instructor: Chungin Goodstein has been dancing tango for over 15 years, and teaches tango at Bard College, at Rio Tango in Tivoli (www.riotango.net), and at Club Helsinki in Hudson. Classes will be held at the instructor's studio, 239 Kidd Lane, Tivoli, NY 12583. Directions: from Red Hook, head north on 9G. Approximately 1.5 miles from the spotlight at the turn-off to Bard College, turn left on Kidd Lane. (If you see the sign for Tivoli you have gone 1/2 mile too far.) Travel 1/2 mile down Kidd Lane, and the driveway to the studio is on the right.

4 Wed., 9/14-10/19 7:00-8:00 Fee: \$50 (\$90 for Beginner I & II)

Argentine Tango Beginner II

This series builds on the previous class, expanding on the fundamentals of the dance, while emphasizing musicality. Here, we begin to explore dynamic movements that are generated using one another's momentum. We start to see the richness and the beauty of tango music expressed through the dance, opening up the creativity within. After completing Beginner Series II, students will be comfortable attending area milongas (tango dances), joining a vibrant Hudson Valley tango community. Open up the creativity within! Instructor: Chungin Goodstein. For Directions to Chungin's Tivoli Studio, please see Beginner I above, or visit www.riotango.net.

4 Wed., 10/11/16 7:00-8:00 Fee: \$50 (\$90 for Beginner I & II)



REGISTRATION INFORMATION:

- You will be notified only if class is full or is canceled. Confirmations will NOT be sent.
- Refunds will be given only if class is canceled by Continuing Ed
- Location Key for district facilities:
 - HS Red Hook High School
 - LAMS Linden Avenue Middle School
 - MRS Mill Road School
- No classes on school or other holidays (*unless noted in listing), or in case of closure/early dismissal due to inclement weather or emergency. Please call (845) 758-2241 or visit the website www.redhookcentralschools.org for inclement weather updates. Every effort will be made to reschedule canceled classes.

Senior Citizens (60+) 10% discount (except where noted - please enclose proof). Enclose check payable to Red Hook Continuing Education (Sorry, we cannot accept credit cards). RHCS D may not deposit checks until the start of class.

Email: continuinged@rhcsd.org

or visit us online at www.redhookcentralschools.org -

Click on community, then continuing ed

REGISTRATION FORM

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____ Alt. Phone _____

Course (Please specify section/date) _____ Fee _____

_____ \$ _____

_____ \$ _____

_____ \$ _____

*RHCS D may not deposit checks until the start of class Total \$ _____

Register by mail or by phone: (845) 758-2241 ext. 3505.
Red Hook Continuing Education
9 Mill Road, Red Hook, NY 12571.

**RED HOOK
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New This Fall

- Meditation
- Mom and Baby Yoga
- Outdoor Fitness Bootcamp
- Root Vegetables
- Introduction to Asian Cuisine
- Latin Variations & Technique with
Linda Rowland

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